



Managing Academic Stress

Some stress is necessary for motivation, sharpening your senses and being at your best. By successfully managing stress you can avoid the unhealthy levels that keep you from getting your work done and lead to lasting negative effects.

Change the Situation

Brainstorm with people you trust how you can change what's causing you stress. You can control your own choices even if others disagree. Focus on what works well for you. Reevaluate your workload. Think about how you prioritize your time. Be realistic about what you can accomplish.

Change Your Perception of the Situation

Monitor and challenge your thoughts as they come in. How you talk to yourself influences how you feel about a situation. Practice replacing negative thoughts with thoughts that are helpful and inspiring. Recruit the help of someone you trust or an Academic Success Coach.

Change Your Capacity to Deal with the Situation

Do positive things for your body and mind. Eat well, get outside, engage in physical activity, get enough sleep, relax, find supportive friends, faculty and staff. And don't hesitate to seek for more support and balance from the Aggie Wellness resources such as Counseling and Prevention Services.